Panther Valley Junior-Senior High School

FAMILY AND CONSUMER SCIENCE 8

Course 8TED | Section 1

Teacher:	Mr. Costa	**School Year:**	2025 – 2026
Phone:	570.645.2171	**Period:**	4
Teacher Email:	costaj@panthervalley.org	**Room:**	044

Course Description

This course offers eighth-grade students a comprehensive introduction to the field of Family and Consumer Sciences. Using a modular approach, students will explore key concepts and then apply them in realistic, hands-on contexts. The course is designed to help students develop essential life skills for their teenage years and adulthood, while also building competencies that will be valuable in the workplace. **1 Cycle (30 Days).**

Course Outcomes

1. Identify the seven dimensions of wellness and identify their individual strengths.
2. Apply MyPlate guidelines and basic food safety practices to meal preparation.
3. Demonstrate basic sewing skills to create functional textile projects.
4. Describe age-appropriate caregiving techniques to support child well-being.
5. Explore careers in education and human services.
6. Utilize effective communication, conflict resolution, and teamwork skills.

Textbook

Instructor handouts will be provided in lieu of a textbook.

Required Supplies

Each student must bring a writing utensil to every class.
A folder for each student will be provided and must also be brought to every class.

Grading Policy

10% Homework Assignments – either online or printed.
15% Class Work – including collaborative and independent assignments.
35% Lab/Project Grade – specific requirements will vary for each lab and project.
15% Tests – each unit will conclude with a test.
25% Behavior – considers attendance, participation, behavior, and tardiness.

While many resources will be posted online in Google Classroom, there will also be a lot of printed materials provided in this class. Please keep all handouts in your folder!

Flexible Instruction Days ("FID") assignments must be completed on the day assigned.

Course Outline

- Self-Awareness
- Interpersonal Relationships
- Sewing and Textiles
- Foods and Nutrition
- Caregiving
- Interior Design and Housing
- Education and Training
- Public Speaking

Classroom Rules

1. Follow directions!!!
2. Be in your seat when the bell rings!!!
3. Keep hands, feet, and objects to yourself!!!
4. No foul language, teasing, or put-downs!!!
5. No unauthorized use of technology!!!

Consequences

1. Warning
2. Student-Teacher Meeting
3. Write Up
4. Send to Office
   Severe clause: call security and send directly to principal!

Policies and Procedures

Bullying: There is a zero-tolerance policy for bullying or harassment. Students who feel that they are being bullied should speak with Mr. Costa immediately after class.

Safety and Sanitation: Hands must be washed before and after working with food. All students are required to pass the "Basics for the Kitchen" test.

Mobile Devices: As per school policy, mobile devices are prohibited in class.

Hall Passes: Each student gets *one pass* per week. Passes are only granted for *legitimate purposes*. Visiting coaches, the gym, Panther Den, or the ROTC room, will not be permitted. Students cannot make a pass without approval.

Interruptions: Interruptions will not be tolerated. Please close the door upon exiting.

Accountability: Students are responsible for showing up to class on time, handing in assignments, and asking for help when needed. I expect you to be accountable, and you can expect me to be supportive, clear, and fair. There is no excuse for not trying.